

The East Island Network for English Language Services consists of community and public partners working to develop and promote access to English-language health and social services in the east-end of Montreal.



*The East-Island Network for English-Language Services
Le Réseau de l'Est de l'Île pour les services en anglais*

HEALTH AND SOCIAL SERVICE RESOURCES FOR ENGLISH-SPEAKING COMMUNITIES IN THE EAST ISLAND OF MONTREAL



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The East Island Network for English Language Services*

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FIRST EDITION, PUBLISHED JANUARY 2010

DEVELOPED BY

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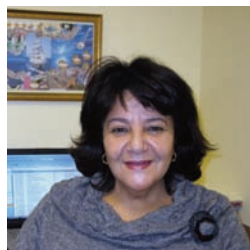
Claudia Maiolo, Communications agent, REISA
John Serino, www.jserino.com

A MESSAGE FROM THE COORDINATOR:

It is with great pleasure that we present our very first publication of a health and social services resource guide for the English-speaking communities residing in the East Island of Montreal.

The guide serves as a directory of organizations and associations specializing in addiction, disease, disability, education, employment and volunteering, as well as organizations and businesses offering services to newly-arrived immigrants, women and children, youth and seniors.

I would like to thank our community and public partners for their participation in the initiation, promotion and development of English-language services across the island of Montreal and throughout the province of Quebec.



F. G. Guemiri

Fatiha Gatre Guemiri

Coordinator

East Island Network for English Language Services

Notice:

This guide was created as a quick reference for the general public and local healthcare institutions. At the time of publication, the organizations, associations and groups listed indicated that they do provide services in English. The East Island Network for English Language Services will not be held responsible for outdated information.

Do not hesitate to contact us if you have any questions or comments.

REISA's Mission:

Community and public partners work to develop and promote access to English language health and social services in the east end of Montreal.

REISA's Profile:

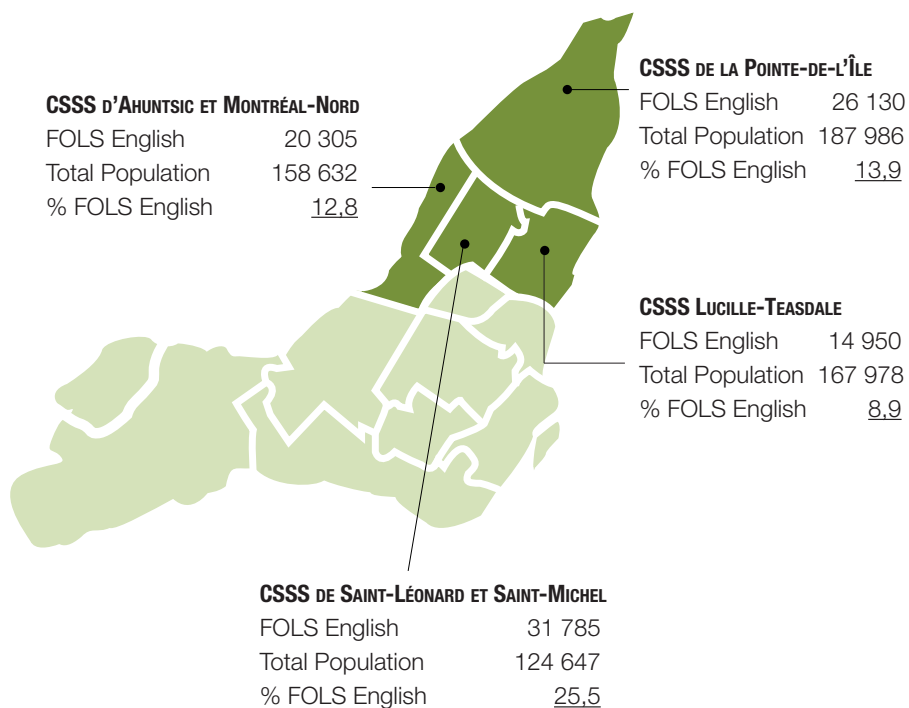
English-speaking communities in the east-end of the island represent a significant 14,6% of the area's population. However, it is common that the needs of these communities are overlooked. REISA seeks to promote the English language as a communication tool and not as the language of work, in areas where minority groups are more comfortable receiving services in English than in French. Examples of these groups include Chinese, Latino, Indian, Pakistani, Polish and Italian communities.

Initially established in 2005 by the CCS and now under sponsorship of the Italian-Canadian Community Services of Quebec Inc., REISA has assisted partnership development in three main areas: *expansion of local-level services, outreach to new services and community capacity-building*. Keeping the English-speaking communities' needs in mind, REISA has identified four priority development sectors: *Youth, Seniors, Intellectual Deficiency and Mental Health*. REISA has supported community development in various fields including addiction services, drug awareness and prevention in schools, family counselling and mediation, integration of student trainees in community projects, mental health information and support groups, prevention and management of diabetes, and seniors activity groups and community development led by seniors. We are linked to regional English-speaking communities across Quebec for the sharing of healthcare expertise.

Growing membership allows us to meet more and more observed needs by developing, importing and networking services in English.

OVERALL ENGLISH-SPEAKING POPULATION IN THE EAST ISLAND OF MONTREAL:

FOLS English East Island	93 170
Total East Island Population	639 243
% FOLS ENGLISH EAST ISLAND	<u>14,6</u>



LEGEND:

FOLS English: population belonging to the CSSS whose first official language spoken is English

Total population: Total population of the CSSS

% FOLS English: Percentage of population living in the CSSS whose first official language spoken is English

SOURCE:

Demographic and Social Characteristics of the English-speaking Population in the Montréal Health Region (HR-06), CHSSN

REISA's PUBLIC PARTNERS:

Organization/contact information	Description of services
CSSS D'AHUNTSIC ET MONTRÉAL-NORD Tel (514) 384 2000 www.csssamn.ca	Blood, medical, vaccination and specialized clinics, services in health and sexuality, physical health, smoking prevention and cessation, education on diseases and general health, and various other services for children, adults and seniors.
CSSS LUCILLE-TEASDALE Tel (514) 523 1173 www.santemontreal.qc.ca/csss/teasdale	
CSSS DE LA POINTE-DE-L'ÎLE www.cssspointe.ca	
CSSS DE SAINT-LÉONARD ET SAINT-MICHEL Tel (514) 722 3000 www.csss-stleonardstmichel.qc.ca	
BATSHAW YOUTH & FAMILY CENTRES Tel (514) 989 1885 www.batshaw.qc.ca	Youth protection services, young offenders services, adoption, and child placement.
ENGLISH MONTREAL SCHOOL BOARD Tel (514) 483 7200 www.emsb.qc.ca	Elementary, secondary, outreach, social affair, adult education schools, and adult vocational schools across Montreal.
PAVILLON FOSTER Tel (514) 486 1304 www.pavillonfoster.org	Services are in English and are offered free. Rehabilitation for those with drug, alcohol, and gambling addictions, youth and adult. Consultation with community organizations, training for professionals who work in schools, and parent groups. Inpatient, outpatient and entourage services.
MCGILL CENTRE FOR STUDIES IN AGING Tel (514) 766 2010 info.mcsa@mcgill.ca www.aging.mcgill.ca	Clinical research and training, alzheimer and cognitive disorders clinic, lectures and information.

REISA's COMMUNITY PARTNERS:

Organization/contact information	Description of services
<p>ALMAGE SENIOR COMMUNITY CENTRE Tel (514) 355 1712 Fax (514) 355 0806 almage@ccs-montreal.org www.almage.org</p>	Community meals, income tax clinic, mini bus transport, blood pressure clinic, classes, and recreational activities. Home support services such as medical transport, transport errands, accompaniment, friendly visit, information & referral, and advocacy.
<p>AMI-QUÉBEC Tel (514) 486 1448 Fax (514) 486 6157 amique@amiquebec.org www.amiquebec.org</p>	Tele-workshops over the phone, roundtable discussion, support groups and education programs on issues of mental health, etc.
<p>BLACK COMMUNITY RESOURCE CENTRE Tel (514) 342 2247 Fax (514) 342 2283 www.brcrmontreal.com</p>	Information and referral, conference and meeting support, anti-gang initiatives, documentation center, use of office facilities, workshops in schools, summer employability, and more for English-speaking Black communities.
<p>CATHOLIC COMMUNITY SERVICES Tel (514) 937 5351 Fax (514) 937 5548 info@ccs-montreal.org www.ccs-montreal.org</p>	Various support services for youth, families, and seniors, community organizations from East to West of the Island.
<p>CENTER OF DREAMS & HOPES Tel (514) 327 6667 Fax (514) 327 4888</p>	Therapies, respite and an Adult Education program in partnership with the English Montreal School Board.
<p>CONSENSUS MEDIATION CENTER Tel (514) 862 0924 consensusmediation@me.com www.consensusmediation.org</p>	Family mediation, counselling, parenting coordination, seminars, groups and training.
<p>DON BOSCO YOUTH LEADERSHIP CENTRE Tel (514) 648 6421 Fax (514) 648 6404 info@dbylc.com www.dbylc.com</p>	Pre-kindergarten classes, dance classes, summer camp, after school in-center activities, tutoring, sports, moms and tots, and retreats.

REISA's COMMUNITY PARTNERS:

Organization/contact information	Description of services
<p>EAST FOUNDATION Tel (514) 323 9950 Fax (514) 955 8533 kids@eastfoundation.ca www.eastfoundation.ca</p>	Speech therapy, occupational therapy, social skill training, early intervention program, integrated summer camp, and leisure activities for youth and young adults up to 21 years old with intellectual and/or physical disabilities or autism.
<p>ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC INC Tel (514) 274 9461 Fax (514) 274 1325</p>	Free income tax clinic, free legal clinic, free flu vaccination, translation, conferences, referral and support.
<p>LAURIER MACDONALD COMMUNITY LEARNING CENTRE Tel (514) 374 6000 Fax (514) 374 7220 www.lauriermacdonald.ca</p>	Various activities and services for the community.
<p>MONTREAL CATHOLIC COUNSELLING AND FAMILY SERVICES Tel (514) 932 9692</p>	Individual and family social services, family, marriage, child and individual counselling.
<p>REFUGE JUAN MORENO Tel (514) 525 5423 Fax (514) 525 7232 refugejuanmoreno@bellnet.ca www.refugejuanmoreno.ca</p>	Short term emergency shelter, advocacy and accompaniment for women, children and unaccompanied minors who are seeking asylum in Canada.
<p>SERVICE BÉNÉVOLE DE L'EST DE MONTRÉAL Tel (514) 523 6599 Fax (514) 523 7709 info@sbem.org www.sbem.org</p>	Provides individuals with a wide range of opportunities for community service and helps organizations recruit, manage and retain volunteers.
<p>TOXICO-STOP Tel (514) 327 6017 Fax (514) 327 7494 www.toxico-stop.com</p>	A detoxification center and residential re-integration program, for adults, which offers short-term shelter, workshops, education, individual and group therapy.

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AL-ANON/ALATEEN

(514) 866 9803

www.al-anon-alateen-qc.ca

Services: Group meetings for adults (Al-Anon) and teenagers (Alateen) dealing with a loved one's alcoholism. Help line open 7 days/week, 10:00am – 10:00pm.

English Meetings for Al-Anon (teens welcome) in the East Island area:

BRIDGE OF HOPE: THURSDAYS AT 7:30PM

St. Brendan's Church Hall - 5740 15th Avenue

WWW.NAQUEBEC.ORG

Services: Group meetings for individuals who want to stop using drugs.

English Meetings in the East Island area:

STEP BY STEP: Mondays at 7:30pm

4251 Saint-Urbain Street, room 212 – Sun Youth Center

GLAD TO BE ALIVE: Tuesdays at 7:30pm

1212 Panet Street

OUT OF THE DARK: Wednesdays at 7:30pm

5550 Parc Street, room 3D

STEP WRITING GROUP: Fridays at 7:00pm

4251 Saint-Urbain Street, room 212 – Sun Youth Center

CONSCIOUS CONTACT: Fridays at 8:00pm

4251 Saint-Urbain Street, room 212 – Sun Youth Center

DAY BY DAY: Saturdays at 8:00pm

120 Duluth Street East

IN FOCUS: Sundays at 7:00pm

120 Duluth Street East

ALCOCHOIX +

(514) 273 5600 – 6360

www.alcochoixplus.gouv.qc.ca

Services: Independent, mentor and group programs available for individuals suffering from alcohol addiction.

LOCATIONS:

CLSC La Petite Patrie

6520 Saint-Vallier Street

Montreal, QC

H2S 2P7

(514) 273 4508

CLSC Villeray

1425 Jarry Street East

Montreal, QC

H2E 1A7

(514) 376 4141

ALCOHOLICS ANONYMOUS

Service Office

(no meetings held here)

3920 Rachel Street East

Montreal, QC

H1X 1Z3

Tel. (514) 374 3688, Fax. (514) 374 2250, Help line (514) 376 9230

area87@aa-quebec.org

www.aa-quebec.org/region87/

Services: Group meetings for individuals with problems with alcohol. Open Monday, 8:00am – 12:00pm and 1:00pm – 4:00pm, and Tuesday to Friday, 8:00am to 7:00pm. Help line open 24hrs/day, 7 days/week.

English Meetings in the East Island area:

ROSEMONT: Sundays at 8:00pm

St. Brendan's Church Hall

5740 15th Avenue (corner Rosemont Boulevard)

HOCHELAGA/MAISONNEUVE: Mondays at 8:00pm

Sainte-Claire Church

8615 Sainte-Claire Street (corner Pierre-Tétrault Street)

VILLE-MARIE: Thursdays at 8:00pm

2550 Gascon Street (corner Hochelaga Street)

MONTREAL NORTH: Thursdays at 8:30pm

St. Ignatius' Church Hall

CARITAS CENTER

2875 Sauve East

Montreal, QC

H2B 1C6

(514) 722 7912

help@caritas.ca

www.caritas.ca

Services: Support, guidance, counselling, and group meetings. A residential treatment program is available in Toronto.

CENTRE LIFELINE CHABAD PROJECT PRIDE DRUG CRISIS CENTER

4985 Queen Mary Road
 Montreal, QC
 H4W 1X4
 (514) 485 5121

www.projectpride.org

Services: Workshops and meetings for individuals struggling from addiction, their friends and family. Help line open 24 hrs/day, 7 days/week.

COCAINE ANONYMOUS

1945 Papineau Street
 Montreal, QC
 H2K 4J3
 Help line (514) 527 9999
 (514) 527 0657

montreal@ca.org

www.cocainomanes-anonymes.org

Services: Group meetings for individuals who want to stop using cocaine.

English Meetings closest to the East Island area:

STEP IT UP-TRADITIONS: Sundays at 4:30pm
 3455 Girouard Street – Unity Church, NDG

ANGELS: Sundays at 8:00pm
 10 Church Hill Avenue – St-Matthias Anglican Church, Westmount

MONDAY BEGINNERS: Mondays at 8:00pm
 1090 Greene Avenue – Boys Unity Club, Westmount

SOUTHERN SERENITY: Tuesdays at 8:00pm
 5070 Gilbert, St. Hubert

STEP IT UP: Tuesdays at 8:00pm
 3455 Girouard Street – Unity Church, NDG

CROSSROADS: Wednesdays at 8:00pm
 3455 Girouard Street – Unity Church, NDG

ANCHORAGE GROUP: Thursdays at 6:30pm
 880 Guy Street – The Salvation Army, Montreal

END OF THE LINE: Thursdays at 8:00pm
 4985 Queen Mary Road – Project Pride, Montreal

WOW IT WORKS: Fridays at 8:30pm
 411 Roslyn Avenue – Westmount Baptist Church, Westmount

CRAN-CENTRE RECHERCHE ET D'AIDE POUR NARCOMANES

110 Prince-Arthur Street West
 Montreal, QC, H2X 1S7
 (514) 527 6939
 Fax (514) 527 0031

info@cran.qc.ca

www.cran.qc.ca

Services: Psychosocial, medical and nursing services for people who have become addicted to opioids. Phone service Monday to Friday, 1:00pm – 5:00pm.

DRUGS: HELP AND REFERRAL

(514) 527 2626

dar@info-reference.qc.ca

www.drogue-aiderreference.qc.ca

Services: Referral and information for persons having problems with drugs, peers and family members and community workers. 24 hrs/day, 7 days/week.

GAMBLING: HELP AND REFERRAL

(514) 527 0140

www.jeu-aiderreference.qc.ca

Services: Information, listening, support, and referrals for compulsive gambling. 24 hrs/day, 7 days/week.

OVEREATERS ANONYMOUS

(514) 488 1812

www.oaregion6.org

Services: Group meetings for individuals seeking help with overeating.

English Meeting closest to the East Island area:

Montreal West: Tuesdays at 7:30pm
 88 Ballantyne Avenue - Montreal West United Church

Westmount: Sundays at 2:30pm
 4585 Sherbrooke West – Westmount YMCA

CLINIQUE NOUVEAU DÉPART INC.

(1110 Beaumont Avenue
 Town of Mount Royal, QC, H3P 3E5
 Tel. (514) 521 9023, or 1 888 488 2611, Fax (514) 521 1928

infos@cliniquenouveaudepart.com

www.cliniquenouveaudepart.com

Services: Treatment for persons suffering from alcoholism, cocaine addiction, heroin addiction, drug addiction, pharmacodependency, sexual dependence, eating disorders and compulsive gambling.

PAVILLON FOSTER

NOTRE-DAME-DE-GRÂCE OUTPATIENT SERVICES

3285 Cavendish Boulevard, suite 100
 Montreal, QC, H4B 2L9
 1 866 851 2255
 (514) 486 1304
 Fax (514) 486 2831

EAST-END LOCATION:

CLSC Saint-Leonard
 5540 Jarry East Street
 Saint-Leonard, QC, H1P 1T9
 Monday to Friday, 9:00am – 5:00pm, Monday and Thursday evenings until 8:00pm.

www.pavillonfooster.org

Services: Rehabilitation for those with drug, alcohol, and gambling addictions, youth and adult. Community services include: consultation with community organizations, training for professionals who work in schools, and parent groups.

LE PORTAGE

Day Center
 1640 Saint-Antoine Street West
 Montreal, QC, H3J 1A1
 (514) 939 0202
 Fax (514) 939 3929

info_mtl@portage.ca

www.portage.ca

Services: Treatment center for addiction for adults and adolescents; assessment, therapy, aftercare follow-up and family services.

TOXICO STOP DETOXIFICATION CENTRE

4858 Gouin Boulevard East
 Montreal North, QC, H1H 5L8
 (514) 327 6017
 Fax (514) 327 7494

info@toxico-stop.com

www.toxico-stop.com

Services: A detoxification center and residential re-integration program for adults, which offers short-term shelter, workshops, education, individual and group therapy.

ADDINGTON ADDICTION TREATMENT CENTER

6205 Clanranald
 Montreal, QC, H3X 1G4
 Tel. (514) 483 3869, or 1 877 483 3869

addington_house@yahoo.com

www.addingtonhouse.com

Services: Group and individualized therapy and counselling, art and music therapy, family and marriage counselling, assertiveness training, health awareness, motivational group, drug and alcohol education, and relapse prevention.

L'APPOINT CRISIS CENTER

(514) 351 6661

Services: Consultation, evaluation, referrals, orientation, follow-up and, in certain cases, access to shelter to individuals going through a difficult situation or crisis. 24 hrs/day, 7 days/week.

CONSENSUS MEDIATION CENTER

1857 De Maisonneuve Boulevard West, suite 210
 Montreal, QC
 H3H 1J9

Tel. (514) 862 0924, Fax (514) 937 5548

consensusmediation@me.com

www.consensusmediation.org

Services: Family mediation, counselling, seminars, groups and training.

L'ENTREMISE CRISIS CENTER

(514) 351 9592

Services: Consultation, evaluation, referrals, orientation, follow-up and, in certain cases, access to shelter to individuals going through a difficult situation or crisis. 24 hrs/day, 7 days/week.

INFO-SECTE

5655 Parc Avenue, suite 208
 Montreal, QC
 H2V 4H2

Tel. (514) 274 2333, Fax. (514) 274 7576

www.infocult.org

Services: Information and resources for individuals involved in or enquiring about cults, religious movements and related groups.

MONTREAL CATHOLIC COUNSELLING AND FAMILY SERVICES

1857 De Maisonneuve West Boulevard, suite 300
 Montreal, QC
 H3H 1J9

EAST-END LOCATION :

8350-8370 Lacordaire Boulevard, suite 36.2
 Saint-Leonard, QC
 H1R 2Y6

(514) 932 9692

Services: Individual and family social services, family, marriage, child and individual counselling.

PREGNANCY COUNSELLING CENTER

7394, 19th Avenue
Montreal, QC
H2A 2L7
(514) 593 1720

info@pregnancycc.org
www.ccgrossesse.org

Services: Free pregnancy tests, listening service, referrals, information on parent care, maternity and baby clothes, follow-up after birth, information about abortion, etc. Available on appointment Tuesday to Friday, 10:00am – 4:00pm.

PROJECT 10

2000 Northcliffe, suite 218
NDG, QC
H4A 3K5
(514) 989 4585
Fax (514) 989 0001

questions@p10.qc.ca
www.p10.qc.ca

Services: Support, information, counselling and referrals to gay, lesbian, transgender, transsexual, two-spirited, intersexed youth and adults aged 14 to 25. Monday to Thursday, 12:00pm – 6:00pm.

SEPARATED FATHERS INC.

Point of Service
2150 Theodore Street, suite 4
Montreal, QC
H1N 1B2
(514) 254 6120
Fax (514) 254 2569

info@peres-separes.qc.ca
www.separated-fathers.qc.ca

Services: Provides support, supervised child access, supports legal self-representation, temporary shelter, workshops, group meetings, parent/child events.

LE TRANSIT CRISIS CENTRE

(514) 282 7753

Services: consultation, evaluation, referrals, orientation, follow-up and, in certain cases, access to shelter to individuals going through a difficult situation or crisis. 24 hrs/day, 7 days/week.

ÉDUCATION COUP-DE-FIL

911 Jean Talon Street East, suite 226
Montreal, QC
H2R 1V5
1 866 329 4223
(514) 525 2573

ecf@bellnet.ca

www.education-coup-de-fil.com

Services: Free and confidential telephone service providing professional counselling to families about everyday life matters. Help line open Monday to Friday, 9:00am – 4:30pm, and Wednesday and Thursday evenings, 6:30pm – 9:00pm.

GAY LINE

P.O. Box 55505, Station Maisonneuve
Montreal, QC
H1W 0A1
1 888 505 1010
(514) 886 5090

info@caequébec.org
www.caequebec.org

Services: Help line providing support on coming to terms with sexual orientation, coming out to friends and family, handling discrimination and violence, and information about AIDS, chat room and workshops. Help line open 7 days/week, 7:00pm – 10:00pm.

LIGNE INFO-ABUS

(514) 489 2287

Services: Listening support and resource line for seniors. Monday to Friday, 9:00am - 5:00pm.

MULTI-ÉCOUTE CENTRE

3600 Barclay Avenue, suite 460
Montreal, QC
H3S 1K5
(514) 737 3604
Fax (514) 737 5631

multiecoute@cooptel.qc.ca
www.multiecoute.org

Services: Anonymous helpline, psychosocial follow-ups, aid with filling out official forms. Monday to Friday, 9:00am – 12:00pm, and 1:00pm – 5:00pm.

SUICIDE ACTION MONTREAL

1 866 277 3553, (514) 723 4000

www.suicideactionmontreal.org

Services: Provides intervention for people contemplating suicide or who have been affected by suicide. 24 hrs/day, 7 days/week.

PARENTS LINE

P.O. Box 186, Station Place d'Armes
 Montreal, QC
 H2Y 3G7
 Tel. (514) 288 1444, Fax (514) 288 6312, Help line 1 800 361 5085
ligneparents@generations-familles.com
www.parentsline.net

Services: Support for mothers and fathers experiencing problems related to their child's development, their relationship to their child, or the education of their children younger than 21 years old. 24 hrs/day, 7 days/week.

TEL-AIDE

P.O. Box 205, Station H
 Montreal, QC
 H3G 2K7
 Tel. (514) 935 1105, Help line (514) 935 1101, Fax (514) 935 6265
info@telaide.org
www.telaide.org

Services: Free and confidential listening service helping victims of stress, anxiety, addiction and violence, and difficulty with relationships.

TEL-AINÉS

(514) 353 2463
tel-aines@tel-ecoute.org
www.tel-ecoute.org

Services: Help line, suicide prevention and references for seniors aged 60 and up. 7 days/week, 10:00am – 10:00pm.

TEL-ÉCOUTE

(514) 493 4484
tel-ecoute@tel-ecoute.org
www.tel-ecoute.org

Services: Help line, suicide prevention and references for all. 7 days/week, 10:00am – 10:00pm. One-on-one chat room with a trained volunteer at www.tel-ecoute.org 7 days/week, 6:00pm – 10:00pm.

WOMEN AWARE – BE AWARE TELEPHONE SUPPORT LINE

P.O. Box 135, Station NDG
 Montreal, QC
 H4A 3P5
 Tel. (514) 908 9014, Help line (514) 489 1110
womenaware@bellnet.ca
www.womenaware.ca

Services: Support services for women experiencing violence, youth prevention program, workshops and outreach. Help line open Monday to Friday, 10:00am-3:00pm.

THE ABE GOLD LEARNING AND RESEARCH CENTRE

8160 Royden Road
 Mount-Royal, QC
 H4P 2T2
 Tel. (514) 345 8330 - 319, Fax (514) 345 1619
info@goldlearningcentre.com
www.goldlearningcentre.com

Services: Workshops, conferences and symposiums for Canadian children and adults with autism and other developmental disabilities.

AIDS COMMUNITY CARE MONTREAL

2075 Plessis, basement level
 Montreal, QC
 H2L 2Y4
 Tel. (514) 527 0928, Fax (514) 527 0701
INFO@ACCMONTREAL.ORG
WWW.ACCMONTREAL.ORG

Services: Provides drop in, social events and activities, workshops, discussions and support groups, for individuals living with HIV/AIDS. Monday to Friday, 9:00am – 5:00pm.

STD INFORMATION AND HELP LINE

(514) 855 8995
Services: Help line offering information and referral about sexually-transmitted diseases.

STD/AIDS TEAM MONTREAL-CENTRE PUBLIC HEALTH DEPARTMENT

1301, Sherbrooke Street East
 Montreal, QC
 H2L 1M3
 (514) 528 2400
 Fax (514) 528 2452
www.santepub-mtl.qc.ca

Services: Information, resources and programs related to infectious disease.

ASSOCIATION DE LA FIBROMYALGIE – RÉGION ÎLE-DE-MONTRÉAL

1140 Jean Talon Street East, suite 300
 Montreal, QC
 H2R 1V9
 (514) 259 7306
 Fax (514) 259 2526
afim_mtl@yahoo.ca
www.afim.qc.ca

Services: Conferences, research projects, individual and group support, telephone service and other activities for individuals suffering from fibromyalgia.

ALZHEIMER AND COGNITIVE DISORDERS CLINIC

McGill Centre for Studies in Aging
 6825 LaSalle Boulevard
 Verdun, QC
 H4H 1R3
 (514) 766 2010
 Fax (514) 888 4050
info.mcsa@mcgill.ca
www.aging.mcgill.ca

Services: Expertise in early diagnosis and management of Alzheimer's disease and cognitive disorders, referral to help and support services, evaluation, treatment, follow-up and clinical trials.

ALZHEIMER GROUPE INC.

5555 Westminster Avenue, suite 304
 Montreal, QC
 H4W 2J2
 (514) 485 7233
 Fax (514) 485 7946
admin@alzheimergroupe.org
www.alzheimergroupe.org

Services: Information for individuals diagnosed with Alzheimer's and related disorders and their family members. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.

CACTUS

1300 Sanguinet Street
 Montreal, QC
 H2X 3E7
 (514) 847 0067
 Fax (514) 847 0038
commentaires@cactusmontreal.org
www.cactusmontreal.org

Services: Distribution and recuperation of injection and prevention material, information regarding HIV-AIDS, various forms of hepatitis and other diseases transmitted sexually or through the blood, references and psychological support. Monday to Thursday, 8:00pm – 4:00am, Friday, 8:00pm – 6:00am, Saturday, 4:00pm – 6:00am, and Sunday, 4:00pm – 4:00am.

CANADIAN CANCER SOCIETY

1 888 939 3333
info@cis.cancer.ca
www.cancer.ca

Services: Information and support for people living with cancer: patients, family, friends and caregivers. Help line open Monday to Friday, 9:00am – 6:00pm.

DIVISIONAL OFFICE:

5151 de L'Assomption Boulevard
 Montreal, QC
 H1T 4A9
 (514) 255 5151
 Fax (514) 255 2808
alebel@quebec.cancer.ca

CANADIAN EPILEPSY ALLIANCE

1 866 374 5377
www.epilepsymatters.com

EPILEPSY MONTREAL METROPOLITAN

3800 Radisson, #115
 Montreal, QC
 H1M 1X6
 (514) 252 0859
 Fax (514) 252 0598
epimtl@cam.org

Services: Programs and services offered to individuals with epilepsy and their families. Monday to Friday, 9:00am – 5:00pm.

CASM-CENTRE FOR AIDS SERVICES OF MONTREAL FOR WOMEN

1750 St-André Street, 3rd floor
 Montreal, QC
 H2L 3T8
 1 877 847 3636
 (514) 495 0990
 Fax (514) 495 8087
casm@netrover.com
netrover.com/~casm

Services: Help line, in-home child care, crisis funds, information sessions, workshops, support groups, social and fundraising activities, volunteering programs and more for women living with AIDS.

THE FONDATION CENTRE DE CANCÉROLOGIE CHARLES-BRUNEAU

4515 de Rouen Street
 Montreal, QC
 H1V 1H1
 1 877 256 0404
 (514) 256 0404
 Fax (514) 256 2116

www.charlesbruneau.qc.ca

Services: Cancer research centre and hospital, art, music and drama-therapy for children suffering from cancer.

INFO DIABETES

8550, Pie-IX Boulevard, suite 300
 Montreal, QC
 H1Z 4G2
 1 800 361 3504 ext 233
 (514) 259 3422 ext 233
 infodiabete@diabete.qc.ca

www.diabete.qc.ca

Services: Phone line where people can ask questions about diabetes and treatment as well as be referred to health care services, three days a week, 8:30am – 4:30pm.

THE LIGHTHOUSE CHILDREN & FAMILIES

2725 Mont-Royal Avenue East
 Montreal, QC
 H1Y 0A1
 (514) 954 4848
 Fax (514) 954 0044

info@phare-lighthouse.com

www.phare-lighthouse.com

Services: Free support programs for parents who have a child suffering from a terminal, degenerative disease or serious disability, such as in-home visits and palliative care.

LA MAISON D'HÉRELLE

3738 Saint-Hubert Street
 Montreal, QC
 H2L 4A2
 (514) 844 4874
 Fax (514) 842 2991

info@maisondherelle.org

www.maisondherelle.org

Services: Treatment and prevention of HIV/AIDS; psychological and socio-economic services. Monday to Friday, 9:00am – 5:00pm; on-premise staff 24 hrs/day, 7 days/week.

QUEBEC FOUNDATION FOR THE BLIND

5112 Bellechasse Street
 Montreal, QC
 H1T 2A4
 (514) 259 9470
 Fax (514) 254 5079

info@aveugles.org

www.aveugles.org

Services: Day camp and housing for the blind, prevention of blindness and promotion of awareness of blindness.

SPECTRE DE RUE

1280 Ontario Street East
 Montreal, QC
 H2L 1R6
 Day Center (514) 524 5197
 Administration (514) 528 1700
 Fax (514) 528 1532

administration@spectrederue.org

www.spectrederue.org

Services: Distribution and recuperation of injection and prevention material, day center, and information and resource center. Day Center opened Monday, Tuesday, Thursday and Friday, 1:30pm – 4:00pm. Distribution of material available Monday to Friday, 9:30am – 7:30pm, Saturday and Sunday, 10:00am – 4:00pm.

CANADIAN PARENTS FOR FRENCH – QUEBEC

3285 Cavendish Boulevard, suite 565
 Montreal, QC
 H4B 2L9
 1 877 487 1414
 Tel. (514) 487 1414, Fax (514) 487 1464

info@cpf.qc.ca
www.cpf.qc.ca

Services: Information, visits and appointments for the promotion and creation of French Second language learning opportunities for young Canadians. Monday to Friday, 9:00am – 5:00pm, and weeknights and weekends by appointment.

CENTRE DE DÉVELOPPEMENT DE L'ÉDUCATION DE BASE AU TRAVAIL DÉBAT

2430 Darling Street, 2nd floor
 Montreal, QC
 H1W 2X1
 (514) 522 8691

learningtolearn@bellnet.ca
www.centredebat.qc.ca

Services: Learning to Learn program: cognitive educational workshop for adults composed of ten, two-hour sessions.

CIBPA-CANADIAN-ITALIAN BUSINESS AND PROFESSIONAL ASSOCIATION

8370 Lacordaire Boulevard, suite 310
 Montreal, QC
 H1R 3Y6
 Tel. (514) 254 4929, Fax (514) 254 4920

info@cibpamontreal.com
www.cibpamontreal.com

Services: Offers business people and professionals of Italian origin a complete range of services and activities to encourage the development and growth of their professional and interpersonal relationships. Monday to Friday, 9:00am – 5:00pm.

EMSB-ENGLISH MONTREAL SCHOOL BOARD

6000 Fielding Avenue
 Montreal, QC
 H3X 1T4
 Tel. (514) 483 7200, Fax (514) 483 7213

jbrebner@emsb.qc.ca
www.emsb.qc.ca

Services: Elementary, secondary, outreach, social affair, adult education schools, adult vocational schools across Montreal. Monday to Friday, 8:30am – 4:15pm.

LITERACY FOUNDATION

5420 Saint-Laurent Boulevard, suite 200
 Montreal, QC
 H2T 1S1
 Info-Alpha: 1 800 361 9142
 Adult Learnline: 1 888 488 3888
 (514) 289 1178
 Fax (514) 289 9286

ktremblay@fondationalphabetisation.org
www.fondationalphabetisation.org

Services: Info-Alpha and Adult Learnline are free and confidential phone services offering assistance and referrals to individuals wanting to learn how to speak, read and write in French and Adult education.

SERVICE BÉNÉVOLE DE L'EST DE MONTRÉAL

2544 Rosemont Boulevard
 Montreal, QC
 H1Y 1K4
 (514) 523 6599
 Fax (514) 523 7709

info@sbem.org
www.sbem.org

Services: Provides individuals with a wide range of opportunities for community service and helps organizations recruit, manage and retain volunteers. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.

THE SOCIAL JUSTICE COMMITTEE

Catholic Community Centre
 1857 De Maisonneuve West Boulevard, Suite 320
 Montreal, QC
 H3H 1J9

1 877 933 6797
 (514) 933 6797

info@sjc-cjs.org
www.s-j-c.net

Services: Educational resources for teachers and students with regards to migration, human rights, poverty and more, a theatre, presentations and workshops. Opening hours are Monday to Friday, 10:00am – 5:00pm.

ALMAGE SENIOR COMMUNITY CENTRE

8680 Hochelaga Street
 Montreal, QC
 H1L 2M6
 Tel. (514) 355 1712, Fax (514) 355 0806
almage@ccs-montreal.org
www.almage.org

Services: Community meals, income tax clinic, mini bus transport, blood pressure clinic, classes, and recreational activities. Home support services include: medical transport, transport errands, accompaniment, friendly visit, friendly call, information & referral, and advocacy. Monday to Friday, 8:30am - 4:30pm.

ALMAGE TOURING COMMUNITY CENTRE

Diane Doonan (514) 770 8416

Services: Senior activities in four different locations:

HOCHELAGA/MAISONNEUVE: 1620 de la Salle Avenue

MONTREAL NORTH: 10374 De Cobourg Avenue

RIVIÈRE-DES-PRAIRIES/POINTE-AUX-TREMBLES: 11991 Pierre-Baillargeon Avenue

ST-MICHEL/ROSEMONT: 3330 Jarry Street East

AU SOIN D'UNE VIE

5835 Leger Boulevard, Suite 310
 Montreal North, QC
 H1G 6E1
 (514) 324 8292
www.ausoindunevie.com

Services: Information and conferences, companionship, home-care and other personal or health care services for seniors.

COMFORT KEEPERS

8071 Henri Bourassa Boulevard East, suite 100
 Montreal, QC
 H1E 2Z3
 (514) 648 3198
montrealest@comfortkeepers.ca
www.comfortkeepers.ca

Services: Companionship, homemaking and personal care services for seniors including light housekeeping, meal preparation and cleanup, transportation, palliative care, bathing and grooming, oral hygiene and more.

AUBERGE MADELEINE

(514) 597 1303
 Fax (514) 597 1708
auberge.madeleine@questzones.com
www.questzones.com/aub-madeleine

Services: Individualized support, information and referral, group activities, shelter and follow-up for women in distress.

EN MARGE 12-17

1278 St-Christophe Street
 Montreal, QC
 H2L 3W6
 (514) 849 7738
info@enmarge1217.ca
www.enmarge1217.ca

Services: Emergency shelter, short-term stay, activities and follow-up for youth between the ages of 12 and 17.

HERSTREET FOUNDATION

1050 Jeanne-Mance Street
 Montreal, QC
 H2Z 1L7
 (514) 284 9665
 Fax (514) 284 6570
ruefemm@bellnet.ca
www.laruedesfemmes.com

Services: Day Center: assistance to homeless women and women in difficulty; community integration, shelter, shared meals, support and social acceptance.

MAISON OXYGÈNE / MAISON HARDY

Carrefour Familial Hochelaga
 1611 Orleans Avenue
 Montreal, QC
 H1W 3R4
 (514) 523 9283
 Fax (514) 529 5646
cafaho@cam.org
www.cafaho.org/heberge.htm

Services: Short and medium term housing, accompaniment, support and activities for men experiencing conjugal difficulty.

MAISON SECOURS AUX FEMMES DE MONTRÉAL INC.

P.O. Box 22150, Station St-Marc
 Montreal, QC
 H1Y 3K8
 (514) 593 6353
 Fax (514) 593 7241

Services: Housing, references and information, phone consultations, post-housing follow-up, translation and prevention; services offered in French, English, Spanish and Arabic. Monday to Friday, 9:00am – 9:00pm, Saturday and Sunday, 9:00am – 5:00pm.

THE OLD BREWERY MISSION

Webster Pavilion
 915 Clark Street
 Montreal, QC
 H2Z J8
 (514) 798 2244

info@oldbrewerymission.ca
www.oldbrewerymission.ca

Services: Food, shelter, clothing and training programs for homeless men and women.

REFUGE JUAN MORENO

3235 Sherbrooke Street East
 Montreal, QC
 H1W 1C1
 (514) 525 5423
 Fax (514) 525 7232

refugejuanmoreno@bellnet.ca
www.refugejuanmoreno.ca

Services: Short term emergency shelter, advocacy and accompaniment for women, children, and unaccompanied minors who are seeking asylum in Canada.

WELCOME HALL MISSION

606 De Courcelle Street
 Montreal, QC
 H4C 3L5
 (514) 523 5288
 Fax (514) 523 6456

www.missionbonaccueil.com

Services: Food bank, clothing counter, family counselling, overnight stay, rehabilitation and socio-professional integration, sports program for children, etc.

AIEM-ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL

5960 Jean Talon Street East, suite 110
 Montreal, QC
 H1S 1M2
 (514) 723 4939
 Fax (514) 723 3619

aiem@aira.qc.ca
www.aiemont.com

Services: Various services for immigrants including language and computer classes. Monday to Friday, 8:30am – 12:00pm, and 1:00pm – 5:00pm.

BCRC-BLACK COMMUNITY RESOURCE CENTRE

6767 Côte-des-Neiges, suite 497
 Montreal, QC
 H3S 2T6
 (514) 342 2247
 Fax (514) 342 2283

bcrc@qc.aira.com
www.bcrcmontreal.com

Services: Information and referral, conference and meeting support, anti-gang initiatives, documentation center, use of office facilities, workshops in schools, summer employability, and more for English-speaking Black communities.

CCS-CATHOLIC COMMUNITY SERVICES

1857 de Maisonneuve Boulevard West
 Montreal, QC
 H3H 1J9
 (514) 937 5351
 Fax (514) 937 5548

info@ccs-montreal.org
www.ccs-montreal.org

Services: Various support services for youth, families, and seniors, community organizations from East to West of the Island. Monday to Friday, 9:00am – 5:00pm.

CENTRE DES FEMMES DE RIVIÈRE-DES-PRAIRIES

12017 Alexis-Carrel Avenue
 Montreal, QC
 H1E 4B8
 (514) 648 1030

info@cfdrdp.qc.ca
www.cfdrdp.qc.ca

Services: Providing help, information and social aid for women 18 years or older. Monday, Wednesday, Thursday 9:00am – 11:30am, 12:30pm – 4:30pm, Friday 12:30pm – 4:30pm.

THE EAST-ISLAND NETWORK FOR ENGLISH LANGUAGE SERVICES

8370 Lacordaire Boulevard, suite 306-2
 Montreal, QC
 H1R 3Y6
 (514) 955 8370 ext 2217
 Fax (514) 274 1325

fguemiri@scciq.com

Coordinator: Fatiha Gatre Guemiri

Services: Networking and partnership with public sector in health and social services for access to English language services. Monday to Friday, 9:00am – 4:00pm.

ENTRAIDE UKRAINIENNE DE MONTRÉAL INC.

3244 Beaubien Street East, suite 201
 Montreal, QC
 H1Y 1H7
 (514) 729 9540
 Fax (514) 729 2745

entraid1@bellnet.ca

Services: Offers support, referrals, information, accompaniments, meals on wheels, distribution of food and clothing, domestic help for semi-autonomous.

ICCSQ-ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC INC.

8370 Lacordaire Boulevard, suite 303
 Montreal, QC
 H1R 3Y6
 (514) 274 9461 or (514) 274 9462
 Fax (514) 274 1325

info@scciq.com

Services: Free income tax clinic, free legal clinic, free flu vaccination, translation, conferences, referral and support. Monday to Friday 9:00am – 4:00pm.

INFORMATION AND REFERRAL CENTRE OF GREATER MONTREAL

3155 Hochelaga Street, suite 101
 Montreal, QC
 H1W 1G4
 (514) 527 1375
 Fax (514) 527 9712

crgm@info-reference.qc.ca

www.info-reference.qc.ca

Services: Free information about community organizations and referral. 24 hrs/day, 7 days/week.

ITALIAN WOMEN'S CENTRE OF MONTREAL

1586 Fleury Street East, suite 100
 Montreal, QC
 H2C 1S6
 (514) 388 0980
 Fax (514) 388 1638

cfim@bellnet.ca

Services: One on one consultation, support, accompaniment, information, legal consultation, library and reference centre, literacy training, conferences and support groups, for women.

LAURIER MACDONALD COMMUNITY LEARNING CENTER

Laurier Macdonald High School

7355 Viau Boulevard
 Montreal, QC
 H1S 3C2
 (514) 374 6000
 Fax (514) 374 7220

www.lauriermacdonald.ca/learning_center.php

Services: Various activities and services for the community. Monday to Friday, 9:00am – 5:00pm.

LEONARDO DA VINCI CENTRE

8350-8370 Lacordaire Boulevard
 Montreal, QC
 H1R 2Y6
 (514) 955 8370 or (514) 955 8350
 Fax (514) 955 8535

sandricciola@centreleonardodavinci.com

www.centreleonardodavinci.com

Services: Cultural, artistic, sporting and social activities for the community, daycare services and summer camp. Center opened 6:00am – midnight, offices opened 9:00am – 5:00pm.

NATIVE FRIENDSHIP CENTRE OF MONTREAL

2001 Saint-Laurent Boulevard
 Montreal, QC
 H2X 2T3
 (514) 499 1854
 Fax (514) 499 9436

info@nfc.org

www.nfc.org

Services: Outreach and awareness campaigns, help provided to individuals who have been exposed to violence, who are seeking a job, who are homeless, etc.

PRÉSENCE MUSULMANE

C.P. 1052
Montreal, QC
H3B 3K5
(514) 434 0766

infomtl@presencemusulmane.org
www.presencemusulmane.org

Services: Conferences on social problems, acceptance and citizenship, public debates and lectures concerning the Muslim population.

SOUTH ASIAN WOMEN'S COMMUNITY CENTRE

1035 Rachel Street East, 3rd floor
Montreal, QC
H2J 2J5
(514) 528 8812
Fax (514) 528 0896

sawcc@cam.org

Services: Free; settlement program for refugees and new immigrants, French and English classes with daycare facilities, referrals, interpretation and translation services, awareness of rights, group activities, workshops, accompaniments and counselling.

WOMEN'S CENTRE OF MONTREAL/CENTRE DES FEMMES DE MONTREAL

3585 Saint-Urbain Street
Montreal, QC
H2X 2N6
(514) 842 4780
Fax (514) 842 5613

spl@centredesfemmesdemtl.org
www.centredesfemmesdemtl.org

*Services: Language classes (English/French), legal information, accompaniment, support, income tax clinic, and emergency food assistance, for women.
Monday to Friday, 9:00am – 5:00pm.*

ABCD-ASSOCIATION POUR LES BÉNÉFICIAIRES DES CLINIQUES DE LA DOULEUR

4360 D'Iberville Street, suite 106
Montreal, QC
H2H 2L8
(514) 274 4040
Fax (514) 274 4440

abcdouleur@bellnet.ca
www.abcdouleur.org

Services: Phone line, information and referrals for individuals with questions about pain, available to all ages. Monday to Friday, 8:00am – 5:00pm. Help line open Tuesday and Thursday, 1:00pm – 4:00pm.

ACCESSS- ALLIANCES DES COMMUNAUTÉS CULTURELLES POUR L'ÉGALITÉ DANS LA SANTÉ ET LES SERVICES SOCIAUX

7000 Parc Avenue, suite 408
Montreal, QC
H3N 1X1
1 877 774 1106
(514) 287 1106
Fax (514) 287 7443

accesss@accesss.net
www.accesss.net

Services: Research projects and studies, educational and awareness-raising activities, conferences, study sessions, resources and information regarding ethno cultural communities and their integration into Quebec society.

CANADIAN MENTAL HEALTH ASSOCIATION - MONTREAL DIVISION

847 Cherrier, suite 201
Montreal, QC
H2L 1H6
(514) 521 4993
Fax (514) 521 3270

acsmmtl@cooptel.qc.ca
www.acsmmontreal.qc.ca

Services: Mental health aid and resources for individuals of any age, youth campaigning, support for organizations, conferences, lectures, and other activities. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.

CENTRE ANTI-POISON DU QUÉBEC

1 800 463 5060

Services: Help line offering information about toxicity of products and treatment of poisoning. Line open 24 hrs/day, 7 days/week.

ÉQUILIBRE

7200 Hutchison Street, suite 304
 Montreal, QC
 H3N 1Z2
 1 877 270 3779
 (514) 270 3779
 Fax (514) 270 1974

info@equilibre.ca
www.equilibre.ca

Services: Activities and information sessions, adult and youth programs on body image, weight loss and management, healthy eating, dieting and exercise.

HEALTH CANADA

info@hc-sc.gc.ca
www.hc-sc.gc.ca

Services: Information and resources regarding health including drugs and medication, diseases, consumer product safety, food and nutrition, the health care system, job opportunities and more.

INFO-SANTÉ

8-1-1

PUBLIC HEALTH AGENCY OF CANADA

Quebec Regional Office
 Guy-Favreau Complex/East Tower
 200 René Lévesque Boulevard West
 Montreal, QC
 H2Z 1X4
 (514) 283-2858
 Fax (514) 496-7012

www.phac-aspc.gc.ca

Services: Information and resources regarding public health including infectious diseases, travel health, food safety, vaccines and immunization, health promotion and injury prevention.

ADPPPC-ASSOCIATION FOR THE DEFENCE OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP

1857 De Maisonneuve West Boulevard
 Montreal, QC, H3H 1J9
 (514) 906 1845

curabec@live.ca

Services: Advice and support, information meetings, public conferences, documentation, archives, treatment of complaints, accompaniment and referral to related resources.

EDUCALOI

11 Notre-Dame West
 Montreal, QC, H2Y 4A7

www.educaloi.qc.ca

Services: Offers a website with free legal information, activities and awareness projects for schools, information tools (pamphlets, posters, brochures, etc.), professional consulting and training.

LEGAL AID/AIDE JURIDIQUE MAISONNEUVE-MERCIER

5100 Sherbrooke Street East, suite 850
 Montreal, QC, H1V 3R9
 Tel. (514) 864 6644, Fax (514) 864 6866

baj.maisonneuvemercier@ccjm.qc.ca

Services: Civil and family legal aid to eligible persons, either by a permanent or private lawyer or notary, who accepts mandates under legal aid tariffs.

LEGAL AID/AIDE JURIDIQUE MONTRÉAL-NORD

5879 Henri-Bourassa Boulevard East, suite 200
 Montreal, QC, H1G 2V1
 Tel. (514) 864-8833. Fax (514) 864-8922

baj.montrealnord@ccjm.qc.ca

www.ccjm.qc.ca

Services: Civil and family legal aid to eligible persons, either by a permanent or private lawyer or notary, who accepts mandates under legal aid tariffs.

PROGRAMME CÔTÉ COUR

Montreal Courthouse
 10 Saint-Antoine Street, room 6.12
 Montreal, QC, H2Y 1B6
 Tel. (514) 868 9577, Fax (514) 868 9585

MONTREAL MUNICIPAL COURTHOUSE

775 Gosford Street, room R.710
 Montreal, QC, H2Y 3B9
 (514) 861 0141
 Fax (514) 861 7035
 Services: Legal services.

AMI-QUÉBEC-ACTION ON MENTAL ILLNESS

5253 Decarie Boulevard, suite 200
 Montreal, QC, H3W 3C3
 (514) 486 1448, Fax (514) 486 6157

amique@amiquebec.org - www.amiquebec.org

Services: Tele-workshops over the phone or at home, roundtable discussion, support groups and education programs on issues of mental health. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.

CENTER OF DREAMS AND HOPES

12550 Lacordaire Boulevard
 Montreal North, QC, H1G 4L8
 (514) 327 6667, Fax (514) 327 4888
 Respite (514) 327 0823

Services: Therapy, Respite program and Adult Education program for English-speaking youth and young adults with special needs.

EAST FOUNDATION

8370 Lacordaire Boulevard
 Montreal, QC, H1R 3Y6
 (514) 323 9950, Fax (514) 955 8533

kids@eastfoundation.ca - www.eastfoundation.ca

Services: speech therapy, occupational therapy, social skill training, early intervention program, integrated summer camp, and leisure activities for youth and young adults up to 21 years old with intellectual and/or physical disabilities or autism. Monday to Friday, 9:00am – 5:00pm.

MONTREAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED

633 Cremazie Boulevard East, suite 100
 Montreal, QC, H2M 1L9
 (514) 381 2307, Fax (514) 381 0454

info@amdi.info - www.amdi.info

Services: Provides various services to individuals with intellectual deficiencies, their families and community.

MENTAL ILLNESS FOUNDATION

2120 Sherbrooke Street East, suite 401
 Montreal, QC, H2K 1C3
 Tel. (514) 529 5354, or 1 888 529 5354, Fax (514) 529 9877

info@mentalillnessfoundation.org - www.mentalillnessfoundation.org

Services: Information, resources and assistance programs for people suffering from mental illnesses such as depression, bipolar disorder, generalized anxiety, panic disorder, phobias, schizophrenia, eating disorders and alzheimer's disease.

CHURCH OF PENTECOST GHANAIAN

8586, 10th Avenue
 Montreal, QC, H1Z 3B6
 Tel. (514) 278 9716, Fax (514) 276 1187

www.pentecost-mtl.ca

Services: Christian worship service, studies, prayer services, etc.

THE ENGLISH SPEAKING CATHOLIC COUNCIL

2005 St. Marc Street
 Montreal, QC, H3H 2G8
 Tel. (514) 937 2301, Fax (514) 907 5010

esc@bellnet.ca

www.catholiccentre.ca

Services: Resource center for the English-speaking Catholic community; information and referral to organizations across the island of Montreal.

CATHOLIC INFORMATION LINE

(514) 937 6275

info@catholiccentre.ca

Services: Information and resource line for English-speaking Catholics. Line open Monday to Friday, 9:00am – 5:00pm.

MAISONNEUVE PRESBYTERIAN CHURCH

1606 Letourneux Avenue
 Montreal, QC, H1V 2M5
 (514) 255 4100

MARIA AUSILIATRICE DE RIVIÈRE-DES-PRAIRIES

8550 Joliot-Curie Avenue
 Montreal, QC, H1E 4C3
 Tel. (514) 648 9424, Fax (514) 643 4382

NOTRE DAME DE POMPEI

2875 Sauvé Street East
 Montreal, QC, H2B 1C6
 (514) 388 9271

NOTRE DAME DU MONT CARMEL

7645 Du Mans Street
 Saint-Leonard, QC, H1S 2A1
 (514) 256 3632

ST. IGNATIUS

10374 Cobourg Avenue
 Montreal North, QC, H1H 4X1
 (514) 321 3591

MONTREAL KNIGHTS OF COLUMBUS COUNCIL

Catholic Community Centre
1857 De Maisonneuve Boulevard, 5th floor
Montreal, QC, H3H 1J9
(514) 932 8994
frankdiggins@sympatico.ca
www.kocmtl.org

ROSEMONT BIBLE CHURCH

6000, 13th Avenue
Montreal, QC, H1X 2Y5
(514) 728 5911
webmaster@rbc.qc.ca
www.rbc.qc.ca

Services: Nursery, Sunday school, book and video libraries for children, teen discussion groups, prayer groups for men and women, and group outings and meals for seniors.

St. BRENDAN'S CHURCH

3542 Rosemont Boulevard
Montreal, QC, H1X 1K8
Tel. (514) 376 4537, Fax (514) 374 2401
info@stbrendansparish.com
www.stbrendansparish.com

Services: Mass, catechism, lectures, youth groups, food baskets for families in need, etc. Monday to Friday, 9:30am – 2:30pm.

St. GUTHBERT, St. HILDA AND St. LUKE

6341 de Lorimier Avenue
Montreal, QC. H2G 2P5
(514) 722 3061
barbaraf@videotron.ca
www.stchl.org

TRINITY UNITED CHURCH OF MONTREAL

3050 Rosemont Boulevard
Montreal, QC, H1Y 1M2
Tel. (514) 721 1830, Fax (514) 721 2824
www.trinityuc.net

Services: Worship service, Sunday school, groups and activities for youth and young adults.

UNION UNITED CHURCH OF MONTREAL

3007 Delisle Street
Montreal, QC, H4C 1M8
Tel. (514) 932 8731, Fax (514) 932 8846
office@unionunitedchurchmtl.ca
www.unionunitedchurchmtl.ca

Services: Worship service, prayer meetings, bible studies, food distribution, seniors club and support groups for men and women.

CAVAC-MONTREAL CRIME VICTIMS' ASSISTANCE CENTRE

(514) 277 9860
1 866 532 2822

www.cavac.qc.ca

*Services: Post-trauma and psychosocial intervention, information on crime victim rights and remedies, technical assistance, accompaniment and referrals to specialized services, available in French, English and Spanish.
Monday to Friday, 9:00am – 5:00pm.*

EAST END SERVICE POINT

6070, Sherbrooke Street East, suite 207
Montreal, QC
H1N 1C1
(514) 643 9333

MONTREAL COURTHOUSE SERVICE POINT

1, Notre-Dame Street East, office 5.10
Montreal, QC
H2Y 1B6
(514) 393 2083

CRIPHASE-**CENTRE DE RESSOURCES ET INTERVENTIONS POUR HOMMES ABUSÉS SEXUELLEMENT DANS LEUR ENFANCE**

8105 de Gaspé Street, suite 100
Montreal, QC, H2P 2J9
(514) 529 5567

Fax (514) 529 0571

info@criphase.org

www.criphase.org

Services: Individual and group support and workshops for men who have been sexually abused and their spouses. Monday to Friday, 9:00am – 5:00pm.

INFORMATION AND SUPPORT CENTER FOR VICTIMS OF SEXUAL HARASSMENT AT WORK

2231 Belanger Street
Montreal, QC, H2G 1C5
(514) 526 0789
Fax (514) 526 8891

info@gaihst.qc.ca

www.gaihst.qc.ca

*Services: Individual and group intervention, and legal advice for men and women 18 years or older who are victims of sexual harassment at work.
Monday to Friday, 9:00am – 5:00pm.*

IVAC-COMPENSATION TO VICTIMS OF CRIME

1199 Bleury Street
 Montreal, QC
 H3C 4E1
 1 800 561 4822
 (514) 906 3019
 Fax (514) 906 3029

ivac@csst.qc.ca
www.ivac.qc.ca

Services: Information and legal referral for victims of crime. Monday to Friday, 8:30am – 12:00pm and 1:00pm – 4:30pm.

MONTREAL ASSAULT PREVENTION CENTER

(514) 284 1212

Services: Assault prevention workshops for women and children.

THE MOVEMENT AGAINST RAPE AND INCEST

(514) 278 9383

Services: Individual and group counselling, follow-up with loved ones and advocacy for women 14 years and older who have been a victim of rape.

PRO-GAM

1453 Beaubien Street East, suite 205
 Montreal, QC
 H2G 3C6
 (514) 270 8462
 Fax (514) 270 8849

info@pro-gam.ca
www.pro-gam.ca

Services: Individual evaluation sessions, group therapy, training and supervision for men who use abusive behaviours. Monday to Friday, 9:00am to 5:00pm.

RIVO-INTERVENTION NETWORK FOR PERSONS AFFECTED BY ORGANISED VIOLENCE

120 Duluth Street East
 Montreal, QC
 H2W 1H1
 (514) 282 0661
 Fax (514) 282 0661

rivo@web.ca
www.web.ca/~rivo

Services: Psychotherapeutic follow-ups and psychosocial support, such as housing and language classes, to survivors of torture and other forms of political violence. Monday to Friday, 9:00am – 5:00 pm.

SHIELD OF ATHENA MONTREAL

700, Cremazie Boulevard West
 Montreal, QC
 H3N 1A1
 1 877 274 8117
 (514) 274 8117

www.shieldofathena.com

Services: Shelter, individual consultation, crisis intervention, counselling, support groups, information and referral for women and children who are victims of conjugal or family violence.

SOS VIOLENCE CONJUGALE

P.O. Box 55, Station Montreal
 Montreal, QC
 H2L 4S7
 (514) 873 9010

Help line (514) 728 0023 or (514) 728 2353

sosdirection@sosviolenceconjugale.ca
www.sosviolenceconjugale.ca

Services: Referrals and help line for female victims of conjugal violence. 24 hrs/day, 7 days/week.

SURVIVORS OF INCEST ANONYMOUS

(514) 866 9941 – 293

Services: Support group for women who have been a victim of incest.

BATSHAW YOUTH & FAMILY CENTRES

5, Weredale Park Street
Westmount, QC
H3Z 1Y5
(514) 989 1885

www.batshaw.com

Services: Youth protection services, young offenders services, adoption, and child placement. Monday to Thursday, 8:00am – 9:00pm, and Friday, 8:00am – 6:00pm.

BIG BROTHERS BIG SISTERS OF GREATER MONTREAL

3740 Berri Street, suite 300
Montreal, QC
H2L 4G9
(514) 842 9715
Fax (514) 842 2454

info@gfgsmtl.qc.ca

www.gfgsmtl.qc.ca

Services: Mentor relationships, school mentoring and health mentoring all supported and supervised by a team of professionals made up of psychologists, social workers and program intervention experts. Monday to Friday, 9:00am – 5:00pm.

LE BON DIEU DANS LA RUE CHEZ POPS DAY CENTRE

1662 Ontario Street East
Montreal, QC
H2L 1S7
1 888 520 7677
(514) 526 7677
Fax (514) 940 2036

centredejour@danslarue.org

www.danslarue.com

Services: “Chez Pops” offers a cafeteria, depot, medical clinic, psychological care, school, scholarship fund, work entry program, workshops, and outings. It is open Monday to Friday, 10:00am – 5:00pm. The Van travels around Montreal Monday to Friday, 8:00pm – 2:00am. The Bunker provides emergency shelter 7 days/week to boys and girls.

CARREFOUR JEUNESSE EMPLOI - ANJOU/SAINT-JUSTIN

7100 Joseph-Renaud Boulevard
Montreal, QC
H1K 3V5
(514) 353 5400
Fax (514) 353 0040

info@cjeanjou.com

www.cjeanjou.com

Services: Practice interviews, job postings, access to computer online jobs, help in writing C.V's, use of fax machines, printers, photocopiers, and info on career programs for youth between the ages of 16 and 35. Monday, Tuesday and Thursday, 9:00am – 12:00pm, and 1:00pm – 5:00pm, Wednesday, 1:00pm – 5:00pm, and Friday, 9:00am – 12:00pm, and 1:00pm – 3:00pm.

CARREFOUR JEUNESSE EMPLOI - RIVIÈRE-DES-PRAIRIES

8595 Maurice Duplessis Boulevard, suite 209
Montreal, QC
H1E 4H7
(514) 648 8008
Fax (514) 648 8242

info@cje-rdp.org

www.cje-rdp.org

Services: Practice interviews, job postings, access to computer online jobs, help in writing C.V's, use of fax machines, printers, photocopiers, and info on career programs for youth between the ages of 16 and 35. Monday to Thursday, 9:00am – 12:00pm, and 1:00pm – 5:00pm, and Friday, 9:00am – 12:00pm.

CARREFOUR JEUNESSE EMPLOI - VIGER/JEANNE-MANCE

5960 Jean-Talon East Street, suite 308
Saint-Leonard, QC
H1S 1M2
(514) 256 5051
Fax (514) 256 7172

cje@cjest-leonard.com

Services: Practice interviews, job postings, access to computer online jobs, help in writing C.V's, use of fax machines, printers, photocopiers, and info on career programs for youth between the ages of 16 and 35.

MONTREAL HOOKED ON SCHOOL

Édifice Accès-travail-Verdun
1050, 5th Avenue
Verdun, QC
H4G 2Z6
(514) 286 2346
Fax (514) 286 2347

info@clds.qc.ca

www.clds.qc.ca

Services: Information and referral for youth, parents and education professionals, in-school workshops, vocational training and the promotion of school and the value of academic success.

OPCR-ORGANIZATION FOR THE PROTECTION OF CHILDREN'S RIGHTS

5167 Jean Talon East Boulevard, suite 370
Montreal, QC, H1S 1K8
(514) 593 4303
Fax (514) 593 4659

info@osde.ca

www.opcr.org

Services: Summer camp and activities for underprivileged children and free legal consultation by phone. Monday to Friday, 8:30am – 5:00pm.

STREET KIDS CLINIC

CLSC Des Faubourgs
1250 Sanguinet Street
Montreal, QC
H2X 3E7
(514) 527 2361 – 3682
Services: On-site doctors, nurses, dentists, psychologists, social workers and access to showers.

SUN YOUTH

4251 Saint-Urbain Street
Montreal, QC
H2W 1V6
(514) 842 6822
Fax (514) 842 5241
www.sunyouthorg.com
Services: Offers sports and recreation programs, food bank, summer camp, crime prevention, seniors' club. Monday to Friday, 8:00am – 4:00pm.

UKRAINIAN YOUTH ASSOCIATION (SUM) OF QUEBEC INC.

3260 Beaubien Street East
Montreal, QC
H1X 3C9
(514) 728 8816
Services: Discussion groups, sports, art activities, dance groups, camps and rallies for youth.

YLC-DON BOSCO YOUTH LEADERSHIP CENTER

11991 Pierre Baillargeon Street
Montreal, QC
H1E 2E5
(514) 648 6421
Fax (514) 648 6404
info@dbylc.com
www.dbylc.com
Services: Pre-kindergarten classes, dance classes, summer camp, after school in-center activities, tutoring, sports, moms and tots, and retreats. Office hours are Monday to Thursday, 3:00pm – 9:00pm, and Friday, 3:00pm – 6:00pm.

ADO-CAUSE (SERVICE ANALYTIQUE DE CONSULTATION POUR ADOLESCENT(E)S ET JEUNES ADULTES/SACADO)

(514) 572 2236
adocause@hotmail.com
www.ado-cause.ca
Services: Anonymous consultations with a psychoanalyst for adolescents between the ages of 14 and 21; guidance with issues of problems at school, sex, drugs, alcohol, loneliness, emerging fears, etc.

DYP-DIRECTOR OF YOUTH PROTECTION

(514) 935 6196
Services: Emergency help line for the protection of youth. 24 hrs/day, 7 days/week.

KIDS HELP PHONE LINE

1 800 668 6868
QUEBEC OFFICE
323-911 Jean-Talon Street East
Montreal, QC
(514) 273 7007
Fax (514) 273 0589
quebec@kidshelpphone.ca
www.kidshelpphone.ca
Services: Provides anonymous counselling, referrals, and information for children and youth between the ages of 5 and 20. 24 hrs/day, 7 days/week.

TÉL-JEUNES

P.O. Box 186, Station Place d'Armes
Montreal, QC
H2Y 3G7
(514) 288 1444
Fax (514) 288 6312
Help line 1 800 263 2266
info@teljeunes.com
www.teljeunes.com
Services: Provides over the phone counselling for children and youth. 24 hrs/day, 7 days/week.